

Wrapping Indiana in Wellness:

Community Resources to
Help Consumers in
Selecting Services



This publication is collaboration between the Key Consumer Organization,
Indiana Family and Social Services Administration Division of Mental Health and
Addiction and Indiana Protection and Advocacy Services Commission.
The Protection and Advocacy System for Indiana.

Key Consumer Organization
Ronda Ames, Executive Director
2506 Willowbrook Parkway Suite 199
Indianapolis, IN 46205
(317) 205-2500; 800-933-KEYS (5397)

This publication was made possible by 100% funding support from the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration. These contents are solely the responsibility of the grantee and do not necessarily represent the official views of the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration.

Table Of Contents

CENTERS FOR INDEPENDENT LIVING (CIL'S)

COMMUNITY MENTAL HEALTH CENTERS

INDIANA STATE PSYCHIATRIC HOSPITALS

How Can MEDICAID Help?

CONSUMER-RUN ORGANIZATIONS (CRO'S):

KEY Consumer Organization

Office of Consumer and Family Affairs / Consumer Advisory Council

FAMILY / CONSUMER ORGANIZATIONS

Federation of Families for Children's Mental Health

Indianapolis Bipolar Parents Organization

Indiana Parent Information Network, Inc. (IPIN)

National Alliance on Mental Illness (NAMI)

ADVOCACY ORGANIZATIONS

Mental Health Association in Indiana (MHAI)

Depression and Bipolar Support Alliance

Governor's Planning Council for People with Disabilities

Indiana Protection and Advocacy Services (IPAS)

OTHER CONSUMER RESOURCES

KEY CONSUMER TRAINING OPPORTUNITIES

Wellness Recovery Action Planning (WRAP)

Freedom Self-Advocacy Curriculum

Indiana Leadership Academy

Inside / Outside: Building A Meaningful Life After the Hospital

Welcome!

Over the past few years, organizations in Indiana have been working to develop new community resources for mental health consumers. We know that all these exciting and new services may seem overwhelming and a person may not know where to begin when exploring these organizations and programs. That's why this booklet was created especially for you, the consumer!

Inside you will find information on some of these services, including peer to peer supports, advocacy groups and formal mental health and disability organizations. We've also included a brief description and contact information for each resource. If you got this booklet at a KEY Consumer Organization event, you have already met some members of the Indiana Consumer Run Organization (CRO). One of the things that CRO's provide is connections to the community that can be valuable to you in your own journey of recovery. Don't hesitate to contact the CRO's listed in this booklet to find out how you can get involved!

We hope you'll take the time to read through this information and give a call to one of the organizations listed here. Every one of them is dedicated to assuring that you have the greatest amount of choice possible over your life. They have helped many others like you make the decisions and choices they needed to create the life they wanted and deserved!

CENTERS FOR INDEPENDENT LIVING (CIL's)

ATTIC Assistive Technology Training
and Information Center **
Patricia Stewart, Director
1721 Washington Avenue
Vincennes, IN 47591
800-96ATTIC, 812-886-0575
Fax: 812-886-1128
E-mail: INATTIC1@aol.com
Web Page: <http://www.theattic.org>
Counties served: Daviess, Gibson, Greene,
Knox, Martin, Pike and Sullivan

ECCIL Everybody Counts
Center for Independent Living **
Teresa Torres, Executive Director
The Ruben Center **
Emas Bennett, Executive Director
9111 Broadway, Suite A
Broadfield Center
Merrillville, IN 46410
888-769-3636, 219-769-5055
Fax: 219-769-5325
E-mail: ecounts@netnitco.net
Counties served: Lake and Porter

Future Choices, Inc.
Beth Quarles, Executive Director
309 N. High Street
Muncie, IN 47305
765-741-8332, 866-741-3444
Fax: 765-741-8333
E-mail: FutureChoicesInc@aol.com
Counties served: Blackford, Delaware,
Grant, Howard, Madison and Randolph

ILCEIN Independent Living Center
of Eastern Indiana
Tom Cooney, Executive Director
201 South 5th St.
Richmond, IN 47374
877-939-9226, 765-939-9226
Fax: 765-935-2215
E-mail: info@ilcein.org
Counties served; Decatur, Fayette,
Franklin, Henry, Rush, Union and Wayne

IRCIL Indianapolis Resource Center for
Independent Living **
1426 W. 29th Street, Suite 207
Indianapolis, IN 46208
800-860-7181, 317-926-1660
Fax: 317-926-1660
E-mail: ircil@netdirect.net
Web Page: <http://www.ircil.org>
Counties served:
Boone, Hamilton, Hancock,
Hendricks, Johnson, Marion,
Morgan, and Shelby

League for the Blind and Disabled **
David Nelson, Executive Director
5821 South Anthony Blvd.
Fort Wayne, IN 46816
800-889-3443, 260-441-0551
Fax: 260-441-7760
E-mail: the.league@verizon.net
Counties served: Adams, Allen, DeKalb,
Huntington, Jay, Kosciusko, LaGrange,
Noble, Steuben, Wells, and Whitley

SICIL Southern Indiana
Center for Independent Living **
Al Tolbert, Executive Director
Stone City Plaza
3300 W. 16th Street
Bedford, IN 47421
800-845-6914; 812-277-9626
Fax: 812- 277-9628
E-mail: sicil@tima.com
Counties served: Crawford, Jackson,
Lawrence, Monroe, Orange, and
Washington

WILL Wabash Independent
Living and Learning Center
Teresa Mager, Executive Director
4312 S. Seventh Street
Terre Haute, IN 47802
812- 298-9455, Toll free: 877-915-9455
Fax: 812-299-9061
E-mail: splash3825@aol.com
Counties served: Clay, Park, Pike,
Putnam, Vermillion
** CIL's that are federally funded

COMMUNITY MENTAL HEALTH CENTERS

Adult & Child Mental Health Center Inc
Robert Dunbar, Executive Director
8320 Madison Ave
Indianapolis, IN 46227
317-882-5122
adunbar@adultandchild.org

BehaviorCorp Inc
Larry Burch
697 Pro Med Lane
Carmel, IN 46032-5323
317-587-0500
lburch@behaviorcorp.org

Center for Behavioral Health
Dennis P. Morrison, Ph.D.
645 S Rogers St
Bloomington, IN, 47403
812-339-1691
dennym@kiva.net

Center for Mental Health Inc
Richard DeHaven
PO Box 1258
Anderson, IN 46015
765-649-8161
newmanl@cfmh.org

Community Mental Health Center Inc
Joseph D. Stephens
285 Bielby Rd
Lawrenceburg, IN 47025
812-537-1302
ExecDir@cmhcinc.org

Comprehensive Mental Health Services Inc
Hank Milius
240 N Tillotson Ave
Muncie, IN 47304
765-288-1928
miliush@cmhseci.org

Cummins Behavioral Health Systems
Ann Borders
6655 E US 36
Avon, IN 46123
317-272-3330
aborders@iquest.net

Dunn Mental Health Center Inc
Kay Whittington, Ph.D.
PO Box 487

Richmond, IN 47375
765-983-8000
whittk@dunncenter.org

Edgewater Systems for Balanced Living Inc
Danita Johnson-Hughes, Ph.D.
1100 W 6th Ave
Gary, IN 46402
219-885-4264
danitahughes@edgewatersystems.org

Four County Counseling Center
Lawrence R. Ulrich
1015 Michigan Ave
Logansport, IN 46947
574-722-5151
lulrich@fourcounty.org

Gallahue Mental Health Center
Eric Crouse, Ph.D.
6950 Hillsdale Ct
Indianapolis, IN, 46250
317-621-7600
ecrouse@ecomunity.com

Grant Blackford Mental Health Inc
Paul G. Kuczora
505 Wabash Ave
Marion, IN, 46952
765-662-3971
paulk@cornerstone.org

Hamilton Center Inc
Galen Goode
PO Box 4323
Terre Haute, IN, 47804
812-231-8323
ggoode@hamiltoncenter.org

Howard Community Hospital Psychiatric
Services
James Alender
PO Box 9011
Kokomo, IN, 46904-9011
765-453-8555
jalender@hch-kokomo-org

Lifespring, Inc.
Terry Stawar
460 Spring Street
Jeffersonville, IN, 47130
(812) 280-2080
tstawar@lifespr.com

Madison Center Inc
Jack Roberts
PO Box 80
South Bend, IN, 46624
574-234-0061
carmeny@madison.org

Midtown Community Mental Health Center
Margaret Payne
850 N Meridian St
Indianapolis, IN, 46204-1098
317-554-2701
Margie.Payne@wishard.edu

Northeastern Center
Jerry Hollister
PO Box 817
Kendallville, IN, 46755
260-347-2453
jhollister@northeastern.org

Oaklawn Psychiatric Center Inc
Harold Loewen
PO Box 809
Goshen, IN, 46527-0809
574-533-1234
harold.loewen@oaklawn.org

Otis R Bowen Center for Human Services
Kurt Carlson
PO Box 497
Warsaw, IN, 46581
574-267-7169
kurt.carlson@bowencenter.org

Park Center Inc
Paul D. Wilson
909 E State Blvd
Fort Wayne, IN, 46805
260-481-2721
pwilson@parkcenter.org

Porter Starke Services Inc
David Lomaka
601 Wall St
Valparaiso, IN, 46383
219-531-3500
dlomaka@porterstarke.org

Quinco Behavioral Health Systems
Robert J. Williams, Ph.D.
720 N Marr Rd
Columbus, IN, 47201-6660
812-379-2341
rjwilliams@quincoinc.org

Samaritan Center
James A. Koontz, M.D.
515 Bayou St
Vincennes, IN, 47591
812-886-6800
jkoontz@gshvin.org

Southern Hills Counseling Center
Don Aronoff
PO Box 769
Jasper, IN, 47547-0769
812-482-3020
daronoff@southernhills.org

Southlake Center for Mental Health Inc
Lee C. Strawhun
8555 Taft St
Merrillville, IN, 46410
219-769-4005
lee.strawhun@southlakecenter.com

Southwestern Indiana Mental Health Center
John K. Browning
415 Mulberry St
Evansville, IN, 47713
812-423-7791
browning@southwestern.org

Swanson Center
Elizabeth Kuhn
450 St John Rd, Ste 501
Michigan City, IN, 46360
219-879-4621
ekuhn@swansoncenter.org

Tri-/City Comprehensive CMHC Inc.
Robert Krumwied
3903 Indianapolis Boulevard
East Chicago, IN 46312
219-398-7050
bob.krumwied@tricitycenter.org

Universal Behavioral Services – Indianapolis
Therome Buford
3590 North Meridian Street
Indianapolis, IN 46208-4425
317-684-0442
tbuford@ubscmh.com

Wabash Valley Hospital, Inc.
Rick Crawley
2900 North River Road
West Lafayette, IN 47906
765-463-2555
rcrawley@wvhmhc.org

Indiana State Psychiatric Hospitals

The state psychiatric hospitals work closely with the community mental health centers on admission and discharge planning to assure the most appropriate service for each individual. Individuals who do not respond to community-based intervention within a reasonable time-frame will be referred to the appropriate state psychiatric hospital for longer-term care. Individuals may voluntarily enter a state psychiatric hospital **only** through a community mental health center. Involuntary commitment may be sought through the community mental health center by a friend, relative, or law enforcement representative. No one is denied admission because of lack of financial resources.

1. Larue D. Carter Memorial Hospital
2601 Cold Springs Road
Indianapolis, IN 46222
(317) 941-4000
Affiliated with Indiana University as a teaching/research site. Inpatient treatment for seriously mentally ill adults and seriously emotionally disturbed children and adolescents. Adult outpatient services available.
2. Evansville Psychiatric Children's Center
3300 East Morgan Avenue
Evansville, IN 47715
(812) 477-6436
Serves children ages 4-12. Special education classes provided on-site.
3. Evansville State Hospital
3400 Lincoln Avenue
Evansville, IN 47714
(812) 469-6800
Inpatient care for adults with serious mental illness. Special units for older persons and persons with mental illness, mental retardation and developmental disabilities.
4. Logansport State Hospital
1098 South State Road 25
Logansport, IN 46947
(574) 722-4141
Inpatient care for adults with serious mental illness. Special units for persons with mental illness who are involved in the criminal justice system, persons who have mental retardation and developmental disabilities.
5. Madison State Hospital/Southeast Regional Center
711 Green Road
Madison, IN 47250
(812) 265-2611
Inpatient care for adults with serious mental illness, including geriatrics. Special unit for persons who are mentally retarded and have developmental disabilities.
6. Richmond State Hospital
498 N.W. 18th Street
Richmond, IN 47374
(765) 966-0511
Inpatient treatment for seriously mentally ill adults. Special units for persons who are chemically addicted, persons who are dually diagnosed with mental illness and chemical addictions, and male adolescents with conduct or adjustment disorders.

How Can MEDICAID Help?

Indiana Medicaid pays for the following Mental Health services for most Medicaid Recipients:

Assessment and Counseling/ Psychotherapy for an Individual, a Group, or a Family.

For those adults who are diagnosed as Seriously Mentally Ill, or children who are diagnosed as Seriously Emotionally Disturbed, Medicaid will also pay for the services offered by the

Mental Health Rehabilitation Option - MRO

MRO services are clinical mental health services provided to individuals, families, or groups of persons who are living in the community. They are designed to assist the individual in developing his or her optimum functional ability in daily living activities. Medicaid will pay for the following MRO services provided by the certified Community Mental Health Centers in Indiana (a description of these services can be found at www.indianamedicaid.com. Click on **Manuals**, click on **MRO manual**.):

1. Diagnostic assessment
2. Individual counseling or psychotherapy
3. Group counseling/psychotherapy
4. Family counseling or psychotherapy
5. Crisis intervention
6. Medication Monitoring and assistance
7. Training in activities in daily living (individual)
8. Training in activities in daily living (group)
9. Partial Hospitalization
10. Case management services
11. Second Case Manager
12. ACT - Assertive Community Treatment

Indiana's Medicaid Waiver for Children with Serious Emotional Disturbance (SED Waiver)

The purpose of the SED Waiver is to offer families the choice of intensive community based services as an alternative to a State Psychiatric Hospital for children who have serious emotional disturbances that result in serious or extreme functional impairments. Application is made at the Community Mental Health Center in the child's county of residence.

To qualify for the SED Waiver, a child must:

- be at risk of placement in a state psychiatric hospital or be a resident of a state psychiatric hospital;
- be a U.S. citizen and a resident of Marion, Randolph, Knox, Daviess, Martin, Pike, Elkhart, St Joseph, Lake, or Vigo County.; (this may be extended to other counties in the future)
- be at least 4 years of age and under age 21;
- have a primary diagnosis of serious emotional disturbance;
- not have community service costs that are greater than the cost of hospitalization; and meet the income requirements. (If otherwise eligible, parents' income is not counted in the Medicaid eligibility decision)
- meet the eligibility criteria for Disability Medicaid

Consumer-Run Organizations (CRO's)

Consumer-run organizations are defined as organizations in which consumers make up the majority of the staff and the board of the organization.

KEY (Knowledge Empowers You) Consumer Organization

Key Consumer Organization is a service organization for mental health consumers, their families, friends and treatment providers. Indiana consumers began organizing in 1984 and KEY was formally started in 1988 with support from the Mental Health Association. Non-profit status was obtained in mid-1990 under the guidance of an all-consumer Board of Directors. KEY is run by and for consumers of mental health services and promotes consumer empowerment. KEY members advocate individually and collectively in order to improve services, promote understanding, end discrimination against persons with mental illness and to change the stigma of mental illness from shame, isolation and despair to a stance of hope, dignity and courage.

The Key Peer Support Training Group offers:

The Wellness Recovery Action Plan (WRAP)
The Freedom Self-Advocacy Curriculum
The Indiana Leadership Academy
The "Inside / Outside: Building a Meaningful Life Outside of the Hospital" presentation

Statewide consumer organizations are run by and for consumers of mental health services and promote consumer empowerment. These organizations provide information for mental health and other support services at the State level and are active in addressing and advocating for mental health system issues. For information about consumer activities in your area, contact:

Ronda Ames, Executive Director
KEY (Knowledge Empowers You) Consumer Organization
2506 Willowbrook Parkway, Suite 199
Indianapolis, IN 46205
Phone: 317-205-2500
Fax: 317-205-2510
Toll-free: 800-933-KEYS (5397)

Division of Mental Health and Addiction

Office of Consumer and Family Affairs

The purpose of the Office of Consumer and Family Affairs (OCFA) is to empower consumers and family members by assuring their interests are represented and their input is considered in DMHA planning and policy development.

The goals of OCFA are summed up in four objectives:

1. Providing an internal voice for consumers and family members within DMHA through participation in DMHA planning and policy development activities.
2. Active liaison work with national, state, and local consumer and family organizations the broader disability community in order to establish ongoing communications, disseminate information, identify major issues and provide consultation, technical assistance, and ongoing support.
3. Development, implementation, and monitoring of special projects, including State Coordinator of the Olmstead Mental Health grant solicit consumer input on Olmstead planning and implementation. Identification, training and involvement of consumers in DMHA planning activities.

4. Maintain a Consumer Council to advise Division of Mental Health and Addiction. This council is composed of consumers and family members of consumers of mental health and addiction services. The council's purpose is to provide the consumer perspective for DMHA planning and policy development. The Consumer Council meets seven times per year. The Consumer Council is also a sub-committee of the state Mental health Planning Council, which is required in order for the state to receive the annual federal Mental Health Block Grant.

Rosie Carney, Bureau Chief
Office of Consumer and Family Affairs
Division of Mental Health and Addiction
402 W. Washington St. Room W353
Indianapolis IN 46204
Phone: 317-232-7912
FAX: 317-233-3472
TDD: 317-232-7844
E-mail: rosemary.carney@fssa.in.gov

FAMILY / CONSUMER ORGANIZATIONS:

Federation of Families for Children's Mental Health
Family Support

The Center for Mental Health Services awards grants to statewide, family-run networks to provide support and information to families of children and adolescents with serious emotional, behavioral, or mental disorders. For more information, contact:

Brenda Hamilton, Director
Indiana Federation of Families for Children's Mental Health
2205 Castella Dr.
Anderson, IN 46011
(765) 643-4357
<http://indianafamilies.org/4436/index.html>

E-mail: indianafedfam@insightbb.com

Indianapolis Bipolar Parents Organization

is a group of parents and family members that are dedicated to the rights of children and their family members with Bipolar and similar mood disorders. The organization is a merge of efforts between Parents of BP children and Indpls BP parents. The purpose of this organization is to build partnerships between the existing entities/persons serving children with mental illness and the parents/family members of the community seeking support and assistance. We will strive to seek adequate resources for family members and advocate for the rights of each individual.

<http://www.indplsbpparents.org/index.html>

Indiana Parent Information Network, Inc. (IPIN)

is an organization of parents and professionals that was founded in Indianapolis in March, 1987 by two parents and two professionals. The mission of IPIN is:

Supporting children with special needs and their families by providing information, peer support, and education, and building partnerships with professionals and communities.

INFORMATION

Local, state and national resources given by phone and mail to answer questions about disabilities, laws, health, education and social services.

Quarterly Newsletter

Statewide Directory of Resources for Children with Special Needs.

PEER SUPPORT

Practical information and emotional support provided by connecting families by phone and in person.

Directory of Support Groups

Directory of Family Leaders

EDUCATION

Individual problem solving

Workshops

Conferences for parents family members, services providers and policy makers.

The Indiana Parent Information Network, Inc.

4755 Kingsway Drive, Suite 105

Indianapolis, IN 46205

voice: 317/257-8683 fax: 317/251-7488 (800) 964-IPIN

email: familynetw@ipin.org

toll free in state: 1-800-964-IPIN (4746)

National Alliance on Mental Illness (NAMI)

NAMI Indiana is a non-profit grassroots organization dedicated to improving the lives of people afflicted by serious and persistent mental illness. NAMI Indiana consists of families, consumers, and professionals. NAMI is dedicated to helping families through a network of support, education, advocacy, and promotion of research. NAMI coordinates 30 local affiliates/support groups throughout the state, promotes public education, participates in boards, task forces, and committees at state and local levels, advocates for legislation to improve the system of care of persons with mental illness, and testifies in related public hearings.

NAMI Indiana also coordinates a number of programs that have originated at the national level. For further information on these programs, contact Kellie Meyer in the state office 800-677-6442.

The Family-to-Family Education Program is a 12-week course directed towards those who have a loved one with a mental illness. The course is taught by trained family members. All course materials are furnished at absolutely no cost to students. The curriculum focuses on schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, and obsessive-compulsive disorder (OCD).

Support Groups are led by nationally trained and certified, family member facilitators. They tend to meet weekly, bi-weekly, or monthly. These groups provide an atmosphere in which family members can feel "safe" and "supported/nurtured" as they are free to share with other family members at levels of emotional disclosure which are more "in depth" than other NAMI settings and/or programs

In Our Own Voice: Living With A Mental Illness is an informational outreach program n recovery presented by consumers to other consumers, families, students, professionals, and all people wanting to learn about mental illness. It is designed to offer insight into how people with serious mental illnesses cope with the realities of their disorders while recovering and reclaiming meaningful and productive lives

Visions for Tomorrow is an educational program written for direct (primary) caregivers of children and adolescents with brain or mental disorders. The course is designed for the parents/caregivers of children/adolescents diagnosed with a brain or mental disorder, as well as those who exhibit behaviors that strongly suggest such a diagnosis

The Peer-to-Peer Education Program is a 9-week education course on recovery for any person with serious mental illness who is interested in establishing and maintaining wellness. The course is similar to NAMI's Family-to-Family Education Course, in that it is based upon the idea that living with serious mental illness is, among many other things, an experience of trauma, and the recovery path occurs in predictable stages.

The NAMI Indiana Consumer Council is new to NAMI Indiana. It is an organization of consumers within NAMI acting as advocates and support for those who have experienced a serious mental illness. It received formally approved structure and status at the October 5, 2002 annual meeting of NAMI Indiana. A set of by-laws for our Consumer Council and proposed changes to the NAMI Indiana By-laws providing for the selection of a NAMI Indiana director chosen by this Consumer Council are available now.

All NAMI consumer members in good standing are automatically a member of the Consumer Council. Each affiliate can have two voting representatives. If the affiliate has a consumer membership of more than thirty, three voting representatives can represent the affiliate. Voting representatives must be nominated by their affiliate leader. If you or a consumer you know would like to be considered as a Voting Council Member, contact your affiliate leader.

ADVOCACY ORGANIZATIONS:

Mental Health Association in Indiana

Local chapters of the National Mental Health Association have information about community services and engage in national and State level advocacy. For more information about the association, write or call:

Mental Health Association of Indiana
1431 North Delaware
Indianapolis, IN 46202
Phone: 317-638-3501
Toll-Free: 1-800-555-MHAI (6424)
Fax: 317-638-3540
E-mail: mha@mentalhealthassociation.com

Depression and Bipolar Support Alliance Indiana

Mission:

To educate patients, families, professionals and the public concerning the nature of depressive and manic-depressive illness as a medical disease; to foster self-help for patients and families; to eliminate discrimination and stigma; to improve access to care; and to advocate for research toward the elimination of these illnesses.

Governor's Planning Council for People with Disabilities

The Indiana Governor's Council is an independent state agency that facilitates change. Our mission is to promote public policy which leads to the independence, productivity and inclusion of people with disabilities in all aspects of society. This mission is accomplished through planning, evaluation, collaboration, education, research and advocacy.

The Council is consumer-driven and is charged with determining how the service delivery system in both the public and private sectors can be most responsive to people with disabilities. The Council receives and disseminates federal funds to support innovative programs that are visionary, influence public policy, empower individuals and families and advocate systems change.

Board members of the Council are appointed by the Governor and 60% must be people with disabilities or their family members.

Governor's Council for People with Disabilities offers the Partners in Policymaking.

The Partners in Policymaking Academy (PIP) offers eight weekends of intensive training designed to educate participants to be active partners with those who make policy. Each year 35 people with disabilities and family members are selected. PIP curriculum utilizes national presenters and promotes the values of integration/ inclusion, and the belief that all people with disabilities should be respected and contributing members of their communities.

Applications are distributed throughout the year and must be postmarked by the first Friday in June. Sessions are monthly beginning in October and ending with graduation in May.

Governor's Council for People with Disabilities
150 West Market Street, Suite 628
Indianapolis, Indiana 46204
Phone: (317)232-7770
Fax: (317)233-3712
GPCPD@gpcpd.org

Indiana Protection and Advocacy Services Commission (IPAS)

IPAS was established "To protect and promote the rights of individuals with disabilities, through empowerment and advocacy."

IPAS may be able to assist citizens of Indiana who have a disability and are either being denied a right or are being discriminated against because of that disability. IPAS is an Independent State Agency which receives no state funding and is Independent from all service providers. Governed by the 13-member [IPAS Commission](#) which sets the agency's [Priorities](#), IPAS is advised on Mental Illness matters by a 10-member [Advisory Council \(MIAC\)](#).

To request services, contact an Intake Specialist.

For services in Indianapolis and South, contact [Dann Ward](#) at 1-800-622-4845 ext. 234, or email him at dward@ipas.state.in.us.

For services in Northern Indiana, contact [Debbie Dulla](#) at 1-800-622-4845 ext. 236, or email her at ddulla@ipas.state.in.us.

For general information about IPAS, contact [Karen Pedevilla](#), Education and Training Director, at 1-800-622-4845, ext. 232, or email her at kpdevilla@ipas.state.in.us

Each State has a protection and advocacy agency that receives funding from the Federal Center for Mental Health Services. Agencies are mandated to protect and advocate for the rights of people with mental illnesses and to investigate reports of abuse and neglect in facilities that care for or treat individuals with mental illnesses. These facilities, which may be public or private, include hospitals, nursing homes, community facilities, board and care homes, homeless shelters, jails, and prisons. Agencies provide advocacy services or conduct investigations to address issues that arise during transportation or admission to such facilities, during residency in them, or within 90 days after discharge from them. Contact:

Indiana Protection and Advocacy Services
4701 North Keystone, Suite 222
Indianapolis, IN 46205
Toll-free: 800-622-4845
Internet: www.in.gov/ipas/

Other Consumer Resources:

Choices, Inc. is a dynamic nonprofit that creates and guides supportive care programs for community members in need of help. We rejuvenate lives and strengthen communities through compassion, creativity and respect. <http://www.choicesteam.org/page.aspx?page=home>

A.C.E.S., The Action Coalition to Ensure Stability helps Marion County people who are homeless or at risk for homelessness and have addictive disorder, mental illness, medical, legal, and/or work problems. ACES helps these individuals improve their situation by coordinating the delivery of multiple services, resources and supports.

<https://www.choicesteam.org/page/program/alias/ACES&article=315&prog=315>

On Our Own, Together: Peer Programs for People with Mental Illness

Edited by Sally Clay with Bonnie Schell, Patrick W. Corrigan, and Ruth O. Ralph

Nashville: Vanderbilt University Press 2005 <http://www.sallyclay.net/z.together/ooo.html>

This book began as part of the Consumer-Operated Service Programs COSP four year research study funded by SAMHSA, and describes much of it. In particular, it includes and gives results from the qualitative fidelity study that was conducted. More detailed results of the quantitative study are still forthcoming, and have not been completed yet.

You can find an abstract and presentation on the COSP Study -- "Research on Consumer-Operated Service Programs: Effectiveness Findings and Policy Implication of a Large Multi-Site Study" -- that was given by Greg Teague and others at the recent National Association of State Mental Health Program Directors Research Institute, Inc. (NRI) conference: <http://www.nri-inc.org/Conference/Conf05/2005agenda.cfm>

"Positive Partnerships: How Consumer and Nonconsumers Can Work Together as Service Providers"

You can order it through the National Research and Training Center on Psychiatric Disability at the University of Illinois at Chicago,

104 South Michigan Ave, Suite 900 Chicago, Illinois 60603-5901

Phone: (312) 422-8180

The National Mental Health Consumers' Self-Help Clearinghouse is proud to announce the launch of the new Directory of Consumer-Driven Services (CDS) at <<http://www.cdirectory.org>>.

Getting Involved!

Join the new ICAN list serve!!

The Indiana Consumer Advocacy Network (ICAN) is a group of mental health consumers who have joined together to advocate for improving mental health services in Indiana. The ICAN_Indiana yahoo group is an opportunity for all who are consumers interested in advocacy to share support and ideas about how to advocate in Indiana. Anyone may join in discussing advocacy who is willing to show respect for each person who is a member of this group.

E-mail address to Subscribe: ICAN_Indiana-subscribe@yahoogroups.com

Join the new WRAP list serve!

WRAP_Indiana is a group for anyone interested in learning about, giving and/or getting support in following Mary Ellen Copeland's Wellness Recovery Action Plan. Persons in Indiana who are using WRAP, training others to use WRAP, or wanting to know more about WRAP are invited to participate. Subscribe: WRAP_Indiana-subscribe@yahoogroups.com

Consumer Technical Assistance Centers funded by the federal government:

NATIONAL MENTAL HEALTH CONSUMERS' SELF-HELP CLEARINGHOUSE

1211 Chestnut Street 10th Floor
Philadelphia, Pennsylvania 19107
Phone: (800) 553-4539
FAX: (215) 636-6310
E-mail: info@mhselfhelp.org
URL: <http://www.mhselfhelp.org>

CONSUMER ORGANIZATION AND NETWORKING TECHNICAL ASSISTANCE CENTER (CONTAC)

W. Virginia Mental Health Consumers Association
1036 Quarrier Street Suite 208A
Charleston, West Virginia 25301
Phone: (888) 825-TECH (8324)
(304) 346-9992
FAX: 304-345-7303
E-mail: contac@contac.org
URL: <http://www.contac.org>

NATIONAL EMPOWERMENT CENTER

599 Canal Street
Lawrence, Massachusetts 01840
Phone: (800) 769-3728
FAX: (978) 681-6426
URL: <http://www.Power2u.org>

National Mental Health Association's National Consumer Supporter Technical Assistance Center:
<http://www.ncstac.org/>

National Alliance for the Mentally Ill (NAMI) -- NAMI Support, Technical Assistance, and Resource Center (STAR):
<http://www.consumerstar.org/>

National Consumer Conference: <http://www.power2u.org/alternatives2005.html>

In addition to the above sites for consumers, the Substance Abuse and Mental Health Administration (SAMHSA) provides many links to helpful sites for persons wanting information about mental illness treatment and recovery. These sites can be accessed through the link below.

<http://www.mentalhealth.samhsa.gov/links/default2.asp?ID=Treatment+and+Recovery&Topic=Treatment+and+Recovery>

Technical Assistance Centers – Indiana

Several universities and other organizations have contributed extensively to the promotion of knowledge about mental illness and addiction. The following sites have been established to provide technical assistance regarding a specific area of knowledge. Some of the sites are in Indiana and others are located throughout the United States.

The ACT Center of Indiana provides technical assistance regarding implementation of Assertive Community Treatment, Illness Management and Recovery, Integrated Dual Diagnosis Treatment, and other Evidence-based Practices in the field of mental health.

<http://psych.iupui.edu/ACTCenter/>

The Supported Employment Consultation and Training Center in Indiana provides information about Supported Employment and Supported Education programs and offers consultation and training about these practices to mental health centers.

<http://www.sectcenter.org/>

The Technical Assistance Center for Systems of Care and Evidence-Based Practices for Children is located in Indiana. This Center offers consultation, training, coaching, and other assistance to groups establishing a System of Care for children.

<http://www.choiceteam.org/page/program/alias/TACenter&article=317&prog=317>

The National Association of Mental Health Planning and Advisory Councils (NAMHPAC) is a network of people involved with State mental health planning and advisory councils, which are required by federal statute to assist states in developing and implementing state mental health plans.

<http://www.namhpac.org>

Toolkits for Evidence-Based Practices in Mental Health including Assertive Community Treatment (ACT), Illness Management and Recovery (IMR), Medication Management, Supported Employment, Integrated Dual Disorder Treatment (IDDT), and Family Psychoeducation: <http://www.oacmha.com> (National Consumer Organization)

Other Web-Sites of Interest:

Indiana Institute on Disability and Community: <http://www.iidc.indiana.edu/>

M.E.D. Works Program: <http://www.insource.org/>

Information and Referral Network: <http://www.irni.org/agency.html>

Indiana Parent Information Network: <http://www.ipin.org/>

Indiana Consortium for Mental Health Services Research

<http://www.indiana.edu/~icmhsr/>

Legislative Codes

<http://www.state.in.us/legislative/iac/title440.html>

Great Lakes ADA and Accessible IT Center, A Disability and Business Technical Assistance Center:

<http://www.adagreatlakes.org/>

DisabilityInfo.gov provides federal government information and resources for persons interested in disability-related issues: <http://www.disabilityinfo.gov>

National Council on Disability (NCD): <http://www.ncd.gov/>

Handling your Psychiatric Disability in Work and School: <http://www.bu.edu/cpr/jobschool/>

The Resource Center to Address Discrimination and Stigma (ADS Center) : <http://www.adscenter.org/>

Mary Ellen Copeland: <http://www.mentalhealthrecovery.com/>

Empowerment /Self-Determination Resources: <http://www.upennrrtc.org/>

An overview of Systems of Care: <http://www.systemsofcare.net>

KEY Peer Support Training Team offers these consumer training opportunities:

Mental Health Recovery Including Wellness Recovery Action Planning (WRAP)

Researcher, author, and educator Mary Ellen Copeland has written the Wellness Recovery Action Plan (WRAP) based on 12 years of studying how people who have various mental health issues help themselves to feel better and how they recover. "WRAP is used widely across the United States and around the world and is considered an exemplary practice by the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration. WRAP has helped numerous people who experience difficult psychiatric symptoms, some for many years, take charge of their lives and move on with recovery."

Recovery & Rehabilitation (volume 3, number 1), Center for Psychiatric Rehabilitation, Boston University, December 2003.

"WRAP is a structured system for keeping well and for responding to difficult symptoms or troubling things that happen when a person is not feeling well. WRAP does not tell you what to do, but rather WRAP helps each person figure out what to do for him/herself in a totally self-determined approach. In order to arrest symptoms and hasten remission and recovery, participants both learn and share personal strategies for dealing with each level of relapse."

Freedom Self-Advocacy Curriculum

The Freedom Self-Advocacy Curriculum is a tool to help teach self-advocacy skills to mental health consumers. The National Mental Health Consumers' Self-Help Clearinghouse, working in conjunction with the National Mental Health Association (NMHA), the National Association of Protection and Advocacy Systems (NAPAS), and other organizations, has developed the Freedom Self-Advocacy Curriculum. The original curriculum can be found on the Clearinghouse web site at <http://www.mhselfhelp.org/freedom/index.html>.

Overview of the Freedom Self-Advocacy Curriculum: Workshop one "Attitudes" teaches how to keep feelings from getting in the way of what you need. Workshop two "Skills" teaches planning and communication skills that will help you to get people to listen. Workshop three "Knowledge" will increase your knowledge of the mental health system and to learn resources to turn to when things are not working. We can come to any location in Indiana to present the self-advocacy training. There is no cost for this training. A minimum of three hours is needed to cover the curriculum.

Indiana Leadership Academy

The Leadership Academy is an exemplary self-help program with consistently applied methodology utilized to improve outcomes for adults with mental illness. The curriculum promotes empowerment, leadership, organizational skill-development, citizenship rights, and collective advocacy. Evidence of the significance of the Leadership Academy has been validated through formal research, (Hess, Clapper & Hekstra, 2001; Sabin, 2002; Stringfellow and Muscari, 2002).

The Leadership Academy has proven successful for adults with mental health and/or co-occurring concerns because it emphasizes the importance of peer-support, responsibility, empowerment and recovery-oriented strategies. It is beneficial to the community-at-large by supporting collective advocacy, increasing networking and greater civic involvement, and improving awareness of and action on local issues and concerns.

Inside / Outside: Building a Meaningful Life Outside of the Hospital:

This is a work of hope created by ex-patient film-makers Pat Deegan and Terry Strecker. Inside Outside tells the story of how eight people with very significant histories of institutionalization made the transition to recovery and community living. In the spirit of the New Freedom Initiative and the Supreme Court's Olmstead Decision, the film carries the message that recovery and life in the community are possibilities even for people who are viewed as the most chronic or impaired.